

PROPER BREATHING.

INHALE THROUGH THE NOSTRILS,
AND NOT THE MOUTH.

Normal Breathing Will Help Materially to Induce Perfect Development—Without Normal Breathing Such Development Is Impossible.

That nature intended man for all climates is unquestioned, but if man live other than nature intended he should be must be content with dire consequences so far as health is concerned. And why is it that certain individuals enjoy better health in certain climates than in others?

To my mind, the reason in a majority of cases is that they are mouth breathers and bear better the mild than the severe climate.

Who are afflicted with chronic nose-throat and chest affections? The mouth breather always, and we will never stamp out such conditions as pulmonary tuberculosis, together with numerous other affections of the respiratory tract, until we, the human family, have learned to take every inspiration through the nose.

I have taken the liberty to divide mouth breathers into two classes, confirmed and moderate. The first breathes almost continually with open mouth. The second is not conscious that he breathes other than through the normal channels and will not admit that he does otherwise until you convince him such is the case. It is my custom to engage the doubting one in conversation or have him read for me, when he will be surprised to learn that he has spoken several sentences or read many paragraphs without once closing his mouth. He it is who, after lecturing or reading aloud or perhaps singing, is dry of mouth and husky of speech and wonders why.

Treatment: Restore the nose to as nearly a normal condition, physiologically speaking, as possible, and then insist upon your patient using it. So long as the spray, douche and solution treatment generally are patronized just so long will we fail to get good results, for, as Dr. Leland remarks, the nose wants air and not water.

Douching and spraying are contrary to nature and should never be practiced.

When the patient is a mouth breather through habit, and this may be determined by having him breathe first through one nostril and then through the other, it is my custom to order him to breathe forcibly through his nostrils at the rate of one respiration per second for ten seconds, this to constitute one exercise, to be repeated often, perhaps eight or ten times during the day. He will find that this more than compensates for his spray, for having used the spray in the morning he is "filled up," as he expresses it, long before noon. His nose he can exercise at will and thus keep it free. The exercise I prescribe for all patients during the process of repair, following operations, to be continued until they are confirmed nasal breathers. A mouth guard should be worn at night for a few weeks.

If we are going to cure nasal catarrh and other respiratory difficulties, the respiratory tract being freed of all obstructions and irritable areas, the patient must be taught to breathe normally.

Irritable areas are not always detected by the probe; therefore we cannot depend upon that method, but must note that these patches have a characteristic appearance. They are found not only in the nose, but often times in the nasopharynx and pharynx as well and are of a pale, waterlogged appearance. They may be obliterated surgically or by cauterization, and if the nose thereafter is properly used like areas do not return. This may be said for all hypertrophic removals. To bring about a permanent patency of the eustachian tube the individual must become a nasal breather. Therefore it is absolutely essential to overcome or permanently improve most varieties of deafness and tinnitus aurium that the patient breathe through the nose at all times. The eustachian catheter is often harmful, acting as a mechanical irritant and thus assisting the progress of an already thickened and perhaps irritable membrane.

The dilatation of the cheeks of the patient and the inflation perhaps for the first few treatments of air mediated thereafter with air in its purity, or professor Politzer's method, the patient being careful between times to continue his breathing exercise, are fully superior to other forms of inflation. Air is what the thickened eustachian orifice needs to return it to a normal state, and this applies to the thickened or collapsed eustachian tube middle ear as well, also the accessory nasal cavities.

Oxygen treatment is familiar, why use oxygen artificially when breathed normally will supply it? The patient can go to a milder climate and breathe with open mouth benefited, but would it not be better for him to remain at home, through his nose and fully

in accordance with the babe. Make it a point that it breathe through its nose. If it cannot know the reason

why. Certainly if the Indian mother recognized the necessity and insisted that her babe breathe properly the civilized mother of today should. Follow it from babyhood to childhood. Impress the necessity upon it as a child, and, barring accident, it will never breathe otherwise. If it is found following an accident from a fall or blow that the nose is not free have the fault corrected. Normal breathing will help materially to bring about perfect development, and without normal breathing such development cannot be attained.—Medical Record.

WAGNER'S HOME.

How the Great Composer Came to Live in Baireuth.

How Wagner came to make Baireuth his home is a rather interesting story. He had long dreamed of possessing a theater where his compositions could be interpreted to suit his ideas, but had little hope that the dream would ever be fulfilled. When, however, in his period of greatest depression and loneliness he formed the friendship of the late king of Bavaria it seemed suddenly as if all things were possible to him. In 1867 his royal protector instructed the celebrated architect, Gottfried Semper, to prepare the plans for the theater, which was to be built at Munich. Through political and professional dissensions and jealousies the town council of Munich refused permission for the erection of the theater there. In 1871 Wagner visited Baireuth and, after taking counsel with the celebrated bankers, Messrs. Fensel and Gross, decided upon a site in that city. The municipality of the town, correctly estimating the financial advantages which would accrue, presented Wagner with two plots of land, one for the theater and the other for his own house. The latter was immediately built, and in 1872 Wagner removed his family from Triebchen, near Lucerne, to the new home, Wahnfried. The corner stone of the theater was laid on his sixtieth birthday, May 22, 1872. It was estimated that the theater would cost 300,000 thalers (about \$250,000), and this sum was very largely raised by Wagner societies throughout the world. It was completed in 1876 and dedicated with the presentation of "Der Ring des Nibelungen" on Aug. 13 of that year. Since then it has been the Mecca of the lovers of Wagnerian music from all parts of the world.

TEETH AND SIGHT.

Decayed Molars Cause Disturbance of the Ocular Nerves.

"Many people who come to me to have their teeth attended to complain incidentally of failing eyesight, and when I tell them that bad teeth in nine cases out of ten are the cause few feel inclined to believe me," said a well known New York dentist.

"Bad sight is generally attributed to overstudy, debilitated constitution and a hundred and one other causes. But have you ever heard any one place the blame on the teeth? Bad teeth are the direct result of insufficient application of the toothbrush, and bad eyesight, resulting from the decayed molars exerting disturbances of the ocular nerves, is the next inevitable penalty. That is a fact which seems to be little known.

"The other day I extracted four decayed teeth of a young girl who was almost totally blind. Her pupils were dilated and insensible. A week after I had pulled her teeth her sight was practically restored. Two months previous to this cure the girl had been examined by an expert oculist, who, after putting her to various eye tests, designated the case as 'hysterical amblyopia,' and I guess that's about all the satisfaction the girl got, judging by her condition when she came to me. In saying this do not think for a moment that I am in any way prejudiced against oculists. I merely cite the instance.

"In the course of a year I attend to the teeth of scores of people with impaired vision, and in every case where the teeth are drawn the sight is soon after either greatly improved or entirely restored."—New York Times.

Could Lift a Ton and a Half.

A Scotchman, said to be the last of the Stuarts, was possessed with an extraordinary strength, from which circumstance he got the byname of Jemmy Strength. Among other feats, he could carry a 24 pounder cannon and had been known to lift a cart load of hay weighing a ton and a half upon his back. Many a time he took up a jackass and, carrying it on his shoulders, walked through the tollgate.

Careful George.

"I had a letter from George this morning. He said his mother had accidentally broken her arm."

"George is always so careful. Many a young man would have left out the word 'accidentally,' leaving you to infer that she had broken it purposely."—Kansas City Journal.

The Diagnosis.

"Terence, what is the doctor's diagnosis of your case?"

"He hasn't told me yet, but I'm bettin' it'll be iv'ry cent ay tin dollars."—Chicago Tribune.

JAPANESE HOMES.

There Are No Doors or Passages in a Typical Dwelling.

The Japanese house consists in the main of a post at each corner and a roof. The roof may or may not be covered with heavy channeled purplish tiles. It makes little difference in the long run whether it is or is not, for if it is not tiled the first typhoon that comes along removes it into somebody's garden anything up to a quarter of a mile away, and if it is tiled heavily enough to resist the typhoon so much the worse for the people underneath it when the first genuine earthquake arrives. But the odds are that it will be burned down before either happens, as the Japanese use very cheap lamps and very flery petroleum and are regular children about fires. Of course something else is done to the four posts and the roof before they become a house in which births, marriages and deaths can take place. But really remarkably little is necessary. Crossbeams are naturally added to support the weight of the roof, grooves are made in the crossbeams and in the platform raised a foot or two above the ground which constitutes the floor. A Japanese house is all on one floor generally—in fact, one might say it is all one floor. Between the grooves in the floor and the grooves in the crossbeams are run shutters with paper panels to divide the houses into whatever number of rooms the owner may choose, which depends on the number of bedrooms he may require. There are no doors or passages in a typical Japanese house. In it every room acts as a passage into the room beyond it, and for the door you slide back the panel that happens to be nearest to you. For this sliding there are little bronze sunk handles in the wooden frames of the panels. The outside paper shutters do not come quite to the edge of the platform floor; the grooves along the edges are filled at night or in severe weather with wooden shutters, each of which is held in its place by the one that follows it, the last one being secured with a flimsy wooden bolt.

TWO TON BLACKFISH.

A School That Was Driven Ashore at Cape Cod.

One day in November, several years ago, the good people living on the Massachusetts bay shore at the north end of Cape Cod were wrought to the highest pitch of excitement by the arrival of an immense school of blackfish which were on the flats chasing bait, as the small fish they feed on are called, and gradually working inshore. The news spread like wildfire. Village stores were hastily closed, schoolboys deserted schoolrooms, and even women flocked to the shore. The flats along the coast make out from half to a mile and a half practically level and almost dry at low tide where at high tide is four to eight feet of water. No school of blackfish so large as this had ever been heard of. And by good luck the tide was ebbing.

Hastily the boats were launched, each taking a half dozen men and boys, those not rowing being armed with sticks and pieces of board. In a quarter of an hour they were in position in half circle and to leeward of the fish.

"Close in now," came from the "commander," "and make all the noise you can." And they did, fairly churning the water with boards and sticks. The thousands of squid and herring on which the blackfish were feeding assisted in this movement by getting into shoal water as far as possible so that the blackfish could not follow them. The result was inevitable. The fast ebbing tide soon began to leave the big fish in such shoal water that it was difficult for the larger ones to swim. Gradually the circle of boats drew nearer and nearer, and in two hours 90 per cent of the entire school was stranded on the flats. For weeks after the villagers were engaged in cutting up and trying out the oil. The total catch netted some \$25,000, many of the fish weighing two tons apiece.—Outing.

Dogs in China.

Dogs in China are chiefly despised, except as house workers or for culinary purposes. A black dog with yellow eyebrows is valued as a first rate house dog, but a white one with black eyebrows will bring luck to his owner, while a black dog is the king of his race. A "lion dog"—belonging to the small, shaggy northern breed—will bring good fortune, while the only real Chinese canine pet is the "sleeve dog," so called from being small enough to lie in the capacious Celestial sleeve. Retrievers are apparently unknown, while greyhounds are lanky and slow.

Delightful Prospect.

"Do you," said the learned counsel, "swear that you will tell the truth, the whole truth and?"

"Oh, how lovely!" the fair witness interrupted. "Shall I really be allowed to talk all the afternoon if I want to?"—Hills.

Good money is faithful. It leaves us almost as soon as we get it. Bad money, however, sticks by us to the bitter end.—Baltimore American.




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Augusta and Asheville Short Line

(Schedule in Effect August 1, 1903.)

(Read Down)	(Read Up)
12:15 pm. Lv Newberry. Ar 3:10 pm.	12:15 pm. Lv Newberry. Ar 3:10 pm.
1:30 pm. Lv Laurens. Ar 4:02 pm.	1:30 pm. Lv Laurens. Ar 4:02 pm.
2:45 pm. Lv Laurens. Ar 4:35 pm.	2:45 pm. Lv Laurens. Ar 4:35 pm.
3:30 pm. Ar Spartanburg. Lv 12:01 pm.	3:30 pm. Ar Spartanburg. Lv 12:01 pm.
3:45 pm. Lv Spartanburg. Ar 10:25 pm.	3:45 pm. Lv Spartanburg. Ar 10:25 pm.
5:32 pm. Ar Greenville. Lv 3:39 pm.	5:32 pm. Ar Greenville. Lv 3:39 pm.
7:11 pm. Lv Greenville. Ar 1:05 am.	7:11 pm. Lv Greenville. Ar 1:05 am.
7:25 pm. Ar Greenville. Lv 7:05 am.	7:25 pm. Ar Greenville. Lv 7:05 am.
12:46 pm. Lv Newberry (S.A.C.). Ar 3:30 pm.	12:46 pm. Lv Newberry (S.A.C.). Ar 3:30 pm.
1:30 pm. Ar Laurens. Lv 2:05 pm.	1:30 pm. Ar Laurens. Lv 2:05 pm.
1:55 pm. Lv Laurens. Ar 1:15 pm.	1:55 pm. Lv Laurens. Ar 1:15 pm.
2:41 pm. Ar Greenwood. Lv 12:41 pm.	2:41 pm. Ar Greenwood. Lv 12:41 pm.
5:20 pm. Ar Augusta. Lv 10:00 am.	5:20 pm. Ar Augusta. Lv 10:00 am.
2:35 pm. Lv Augusta. Ar 12:50 am.	2:35 pm. Lv Augusta. Ar 12:50 am.
6:30 pm. Ar Beaufort. Lv 7:15 am.	6:30 pm. Ar Beaufort. Lv 7:15 am.
6:45 pm. Ar Port Royal. Lv 7:05 am.	6:45 pm. Ar Port Royal. Lv 7:05 am.
12:40 pm. Lv Newberry (O.S.A.). Ar 3:10 pm.	12:40 pm. Lv Newberry (O.S.A.). Ar 3:10 pm.
1:30 pm. Ar Laurens. Lv 2:05 pm.	1:30 pm. Ar Laurens. Lv 2:05 pm.
2:40 pm. Ar Laurens. Lv 1:15 pm.	2:40 pm. Ar Laurens. Lv 1:15 pm.
5:25 pm. Ar Greenville. Lv 12:41 pm.	5:25 pm. Ar Greenville. Lv 12:41 pm.

For further information relative to rates, etc., call on, or address
GEO. T. BLY, S. Genl. Agt., Greenville, S. C.
ERNEST W. LAMAR, S. Genl. Agt.,
T. M. Traffic Manager.

BLUE RIDGE RAILROAD.

H. C. BEATTIE, Receiver.

In Effect June 8, 1902.

Between	Arrive	Leave	Mixed
No. 9. No. 12.	Stations.	No. 10. No. 9.	
P. M. A. M.		P. M. A. M.	
3:10	Beiton	3:20	16:50
2:25	Anderson P. D.	3:40	11:10
2:45	West Anderson	3:45	
9:05	Danvers	3:55	
9:05	Denver	4:05	
8:55	Pendleton	4:11	
8:47	Cherry	4:18	
8:44	Adams	4:21	
8:28	Jordan Junction	4:33	
8:25	Seneca	4:35	
8:06	West Union	4:40	
8:00	Walshville	5:00	

All regular trains from Beiton to Walshville, have precedence over trains of same class moving in the opposite direction unless otherwise specified by train order.

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J. R. ANDERSON, Superintendent

Columbia Newberry & Laurens R.R. Co.

(Eastern Standard Time.)

Southbound. Schedule in Effect Sunday, June 22nd, 1903.

Stations.	Ar.	De.
8:40 am. Lv Atlanta (S.A.C.). Ar 3:50 pm.		
10:30 am. Lv Athens. Ar 6:19 pm.		
11:55 am. Lv Johnston. Ar 7:17 pm.		
12:48 pm. Lv Greenville. Ar 8:05 pm.		
1:22 pm. Lv Greenwood. Ar 8:45 pm.		
2:15 pm. Ar Charleston (O.S.A.). Lv 2:45 pm.		
10:40 am. Lv Greenville (S.A.C.). Ar 6:05 pm.		
12:15 pm. Lv Spartanburg. Ar 7:30 pm.		
12:20 pm. Lv Greenville. Ar 8:25 pm.		
1:12 pm. Lv Greenville. Ar 9:35 pm.		
1:15 pm. Ar Laurens (O.S.A.). Lv 2:47 pm.		

For further information relative to rates, etc., call on, or address
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ERNEST W. LAMAR, S. Genl. Agt.,
T. M. Traffic Manager.

BLUE RIDGE RAILROAD.

H. C. BEATTIE, Receiver.

In Effect June 8, 1902.

Between	Arrive	Leave	Mixed
No. 9. No. 12.	Stations.	No. 10. No. 9.	
P. M. A. M.		P. M. A. M.	
3:10	Beiton	3:20	16:50
2:25	Anderson P. D.	3:40	11:10
2:45	West Anderson	3:45	
9:05	Danvers	3:55	
9:05	Denver	4:05	
8:55	Pendleton	4:11	
8:47	Cherry	4:18	
8:44	Adams	4:21	
8:28	Jordan Junction	4:33	
8:25	Seneca	4:35	
8:06	West Union	4:40	
8:00	Walshville	5:00	

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